

Aging Well Neighborhood Programs

December 2022

Hello Neighbors! Below is our December schedule. Join us all month long for aging well activities, fitness, life-long learning, entertainment, and more!

We encourage you to share our class schedule with friends, family, and neighbors, near & far, of any age – everyone is welcome to join us. Thank you all for being a part of the Aging Well Neighborhood! Today is a good day to age well. **For questions about the programs listed below, please email AWN@agingcareconnections.org.**

Monday December 5 | 11:30am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

Facilitator: Gina Millette – Act II Seniors Club

Click this link to join:

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckI4KzVNVV1N5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

Martes Diciembre 6 | 9:00-9:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

¡Ven a mejorar tu fuerza, flexibilidad, equilibrio y resistencia a través de clases de ejercicio divertidas y variadas! Se proporcionarán opciones sentado y de pie.
¡Contáctenos hoy para registrarse! ¡Invita a tus amistades!

Cuando: Los Martes

Fechas: Diciembre 6 & 20, 2022 | Enero 3, 17, 31, 2023

Ubicación: Summit Park District, 5700 S Archer Rd, Summit, IL

Se Requiere Registro: Contacte Ray Cerino: (708) 603-2275 / rcerino@agingcareconnections.org

Los espacios son limitados. Fechas sujetas a cambios

Tuesday December 6 | 1:00-1:40pm | Tuesday Fitness | Zoom

Help improve balance & heart health, build strength & lean muscle, reduce pain, enhance flexibility, and burn calories to reduce fat with this series from Coach Joshua Kozac, founder of Heart and Soul Fitness. *This program was previously recorded.*

Multi-week series: December 6, 13, 20. Join as many as you would like!

Supplies needed: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises. Light weights or water bottles for added challenge.

Instructors: Coach Joshua Kozac and Claudia Kozac, Heart and Soul Fitness

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZlvce6vpz8vHtWD-fR3qly4Uc0iQoroVU44>

Password: awn123 | Meeting ID: 862 6779 4541

Wednesday December 7 | 10:15-11:15am | Total Mind and Body Workout | Zoom

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

Supplies needed: A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Warm-up & Cool-Down: Led by Renata Vitali – Aging Care Connections

Class Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdYNxw>

Password: awn123 | Meeting ID: 856 5113 2578

Wednesday December 7 | 12:30-1:00pm | Blood Pressure Readings | In-Person

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday December 7 | 1:00-2:30pm | Movie time! — Christmas at Graceland (2018) | In-Person

A Chicago-based business executive travels to Memphis to secure one of the city's oldest family-owned banks. While in Memphis, Laurel reunites with an old flame Clay, a local music promoter with loftier aspirations.

Stars: Kellie Pickler, Wes Brown, Claire Elizabeth Green

Rated G | 1 hr 25 min | Comedy, Drama, Family, Music, Romance

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Friday December 9 | 11:30am-1:30pm | Lunch & Bingo! | In-Person

We heard you! Answering the request of several of you, we are excited to offer Bingo! We hope you can join us for a delicious meal, a chance to meet other members of the AWN, and bingo fun 😊

Registration required: Call 708-603-2269 by Thursday December 8 at 4:00pm to register

Where: Salerno's Pizzeria and Sports Bar, 9301 W 63rd St, Hodgkins

Cost: \$3.00 (cash, payable at the door)

Friday December 9 | 11:45am-12:45pm | Sounds Good Weekly Sing-Along – This week's theme: Best Christmas Songs that Aren't Carols | Zoom

Nothing lifts your heart more than singing songs you love with the people you love! The leaders of the Sounds Good! Choir are offering you a joyful hour of sing-along fun every week. Every Friday, a professional conductor will lead you in singing beloved songs from the 50's, 60's, and beyond. The theme changes every week, and it's always fun!

After you register, you'll receive a weekly email with information about the coming week's sing-along theme and how to tune in! After registering, you will receive a weekly email on Thursday afternoons with the preview and necessary Zoom links. To help those with limited access to technology, the program will be available by phone to people who want to dial in and sing along that way. There is no sheet music, just familiar songs on a weekly theme and a professional musician to lead the sing-along fun.

The Sounds Good Weekly Sing-Along is brought to you by AgeOptions, AgeGuide, and Sounds Good! Choir. We thank them for inviting members of the Aging Well Neighborhood to participate in these programs!

Questions? Laura Szymczyk from Sounds Good Choir will be more than happy to answer any questions you may have. Contact her at LauraS@soundsgoodchoir.org.

Advance registration is required. To register and receive the Zoom link, visit: <https://soundsgoodchoir.org/sg-sing-along/>

Monday December 12 | 4:00–5:15pm | Look and Learn: Take a trip back in time through the years 1914 – 1945 | Zoom

Take a trip back through the years with us as we look at the years 1914 to 1945. Find out about the World War Years, including events that shaped our world and lives like science, entertainment, war and peace, technology, sports, transportation, tragedy and more.

Presenter: Trish Smithing, Teacher & Educational Speaker

Click this link to join: https://us02web.zoom.us/meeting/register/tZwuc-qgrTgoGNM6URfSOLh_ZIBFaW-gEoX3

Password: awn123 | Meeting ID: 883 4383 3227

Tuesday December 13 | 1:00-1:40pm | Tuesday Fitness | Zoom

Help improve balance & heart health, build strength & lean muscle, reduce pain, enhance flexibility, and burn calories to reduce fat with this series from Coach Joshua Kozac, founder of Heart and Soul Fitness. *This program was previously recorded.*

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Password: awn123 | Meeting ID: 862 6779 4541

Wednesday December 14 | 2:00-3:00pm | James Balcer Presents: The Experiences of a United States Marine from the Vietnam War to Present | Zoom

In 1967, at the age of 17, James Balcer enlisted in the United States Marine Corps — a decision that would impact every aspect of his life and lead him to a decades long mission to advocate for veterans and the military. Hear firsthand his experiences as a young recruit, a mortar man in a unit that endured so many casualties they were referred to as the “walking dead,” and a Vietnam Veteran in a turbulent social climate.

During his service in Vietnam, his valor and bravery in helping to carry dead and wounded Marines up a 900 foot mountain, while under enemy fire, resulted in being awarded the Bronze Star Medal with Combat V Device. He was also awarded three Purple Heart Medals for wounds sustained during his service.

His experiences during the Vietnam War, the time period after, and present-day advocacy are not only remarkable, but inspirational. In a world where veteran and military issues, particularly honoring veterans and ensuring that their legacies are remembered, former PFC Balcer remains dedicated to remembering the past and looking towards the future.

He will not only speak on his experiences in the United States Marine Corps, but his work, and leadership within, various veteran and military organizations, memorials, and parades. Further, he will share his experiences as a strong advocate for the veterans and the military during his tenure as Director of Veterans for the City of Chicago and Alderman of the 11th Ward in Chicago.

Semper Fi!

Presenter: PFC James Balcer, United States Marine Corps, retired; City of Chicago, 11th Ward Alderman, retired

Click this link to join:

https://us02web.zoom.us/meeting/register/tZctdO6gqT8oHtbF7KS9XaU_PA2HeoGY9Qd1

Password: awn123 | Meeting ID: 830 3787 4242

Friday December 16 | 11:45am-12:45pm | Sounds Good Weekly Sing-Along – This week's theme: Christmas Carols at the Piano | Zoom

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Class Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

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Password: awn123 | Meeting ID: 856 5113 2578

Wednesday December 21 | 2:00-3:00pm / Trivia! Test Your Knowledge of the Western United States | Zoom

Join us for a low-key game of trivia about the United States! Mostly picture clues about landmarks, monuments, buildings, flags, cities, and more!

Facilitator: Alyson Scanlon, Aging Care Connections

Click this link to join:

[https://us02web.zoom.us/meeting/register/tZwrfu2oqDMiEtBDzSQztob3a2oUrfW_hcEG](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZwrfu2oqDMiEtBDzSQztob3a2oUrfW_hcEG)

Zoom Password: awn123 | Meeting ID: 886 9406 8884

Friday December 23 | 11:45am-12:45pm | Sounds Good Weekly Sing-Along – This week's theme: Hanukkah Songs | Zoom

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Friday December 30 | 11:45am-12:45pm | Sounds Good Weekly Sing-Along – This week's theme: the Best of the Gershwins | Zoom

Nothing lifts your heart more than singing songs you love with the people you love! The leaders of the Sounds Good! Choir are offering you a joyful hour of sing-along fun every week. Every Friday, a professional conductor will lead you in singing beloved songs from the 50's, 60's, and beyond. The theme changes every week, and it's always fun!

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Happy New Year! See you in 2023!!

****If you have any questions about these programs, please email AWN@agingcareconnections.org****

How to Join AWN Classes via Zoom

Join by computer

1. A few minutes before your class is scheduled to start, click the **Zoom link** that is listed earlier in this email for the class you want to join.
2. Next, click the "Zoom...exe" link that will appear on your computer screen. Zoom should direct you to this link with an arrow in a **large orange box** on your screen. After you click the link, Zoom should automatically and quickly download the Zoom software to your computer. (Note – you only need to do this step the first time you use Zoom on your computer)
3. Click on the "Open Zoom Meetings" box
4. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the class.
5. You should now be part of the class. Click the button that says "Join with Computer Audio"
6. Please make sure that your device's speaker is on, and the volume turned up so you can hear the instructors.

Join by tablet or smartphone

1. If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time.
2. Once you have downloaded the Zoom app, follow the "Join by computer" instructions above

NOTES for all of our new online classes

- **Please click on the link to join the sessions BEFORE the scheduled start time to allow time for your computer or device to connect.**
- We will open up our Zoom meeting rooms 5 minutes before each class is scheduled to start.

- When the class actually starts, we will mute everyone so we don't all hear each other's background noise or the sound of new people coming into the class. You will hear and see the instructor, however.